

ABSTRACT

The present invention relates to food products comprising in percent by weight of dry matter, 0.5 – 5% of a viscous soluble fibre, 2 – 20% oat bran concentrate, and 7 – 35% cereal bran. The specific amount of these constituents provide for a high viscosity and are suitable to delay glucose absorption or appearance in blood and/or to maintain raised glucose levels while avoiding high glucose peaks. The high viscosity of a food product was shown to be a key factor in the appearance of glucose in the blood stream. Hence, the food products according to the present invention are also suitable for diabetic patients.